



Blood Pressure

What's Up in North Dakota

Last session of the Day

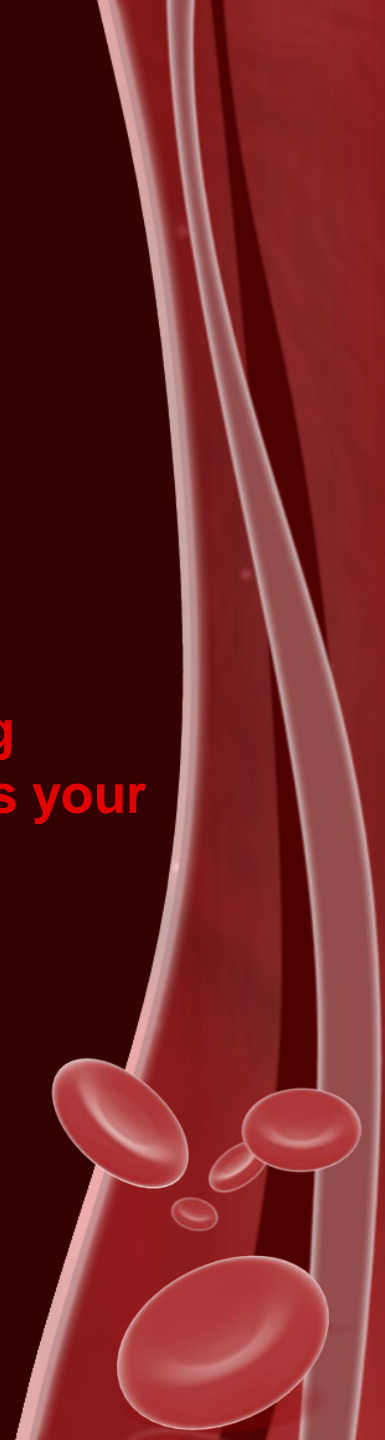
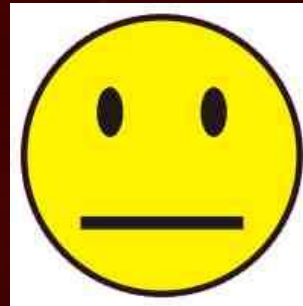


FREE BEER



Actually, NO.

**Because drinking
alcohol increases your
blood pressure**



Today's Panel

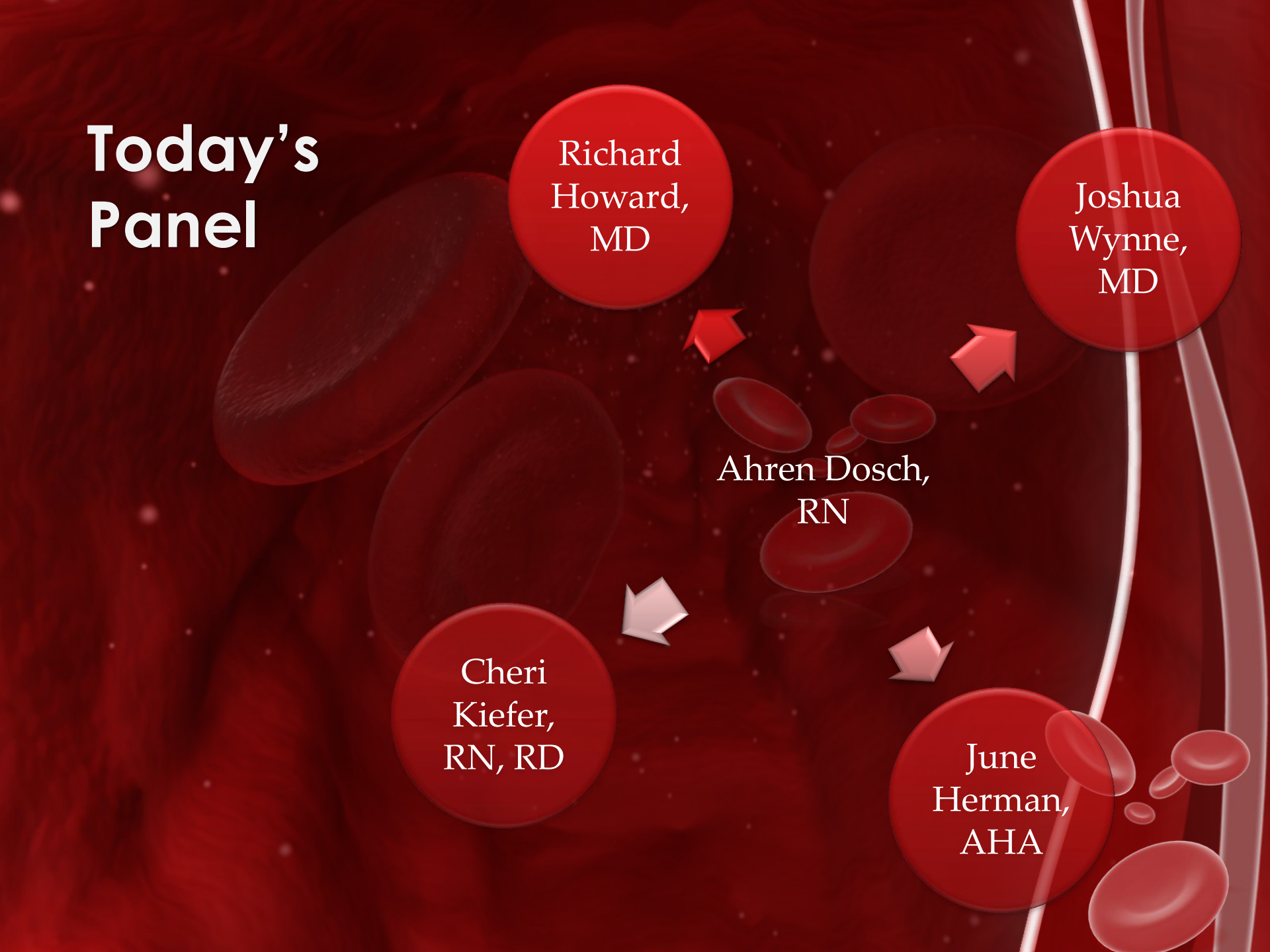
Richard
Howard,
MD

Joshua
Wynne,
MD

Ahren Dosch,
RN

Cheri
Kiefer,
RN, RD

June
Herman,
AHA

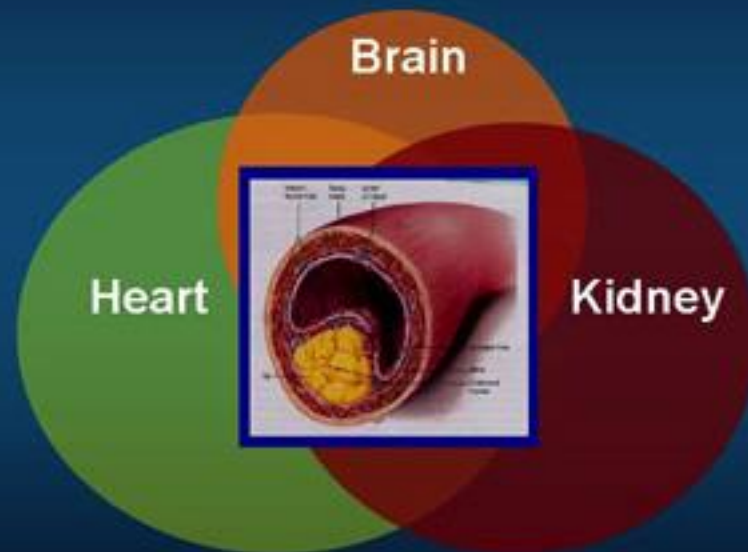




Blood Pressure

What HBP is doing to your cardiovascular system

The Interaction Between Hypertension and End Organs



HIGH BLOOD PRESSURE

NORMAL BLOOD
PRESSURE

120/80

HYPERTENSION

>140/90

PREHYPERTENSION

130-140/85-90

50% AGE 50

70% AGE 70



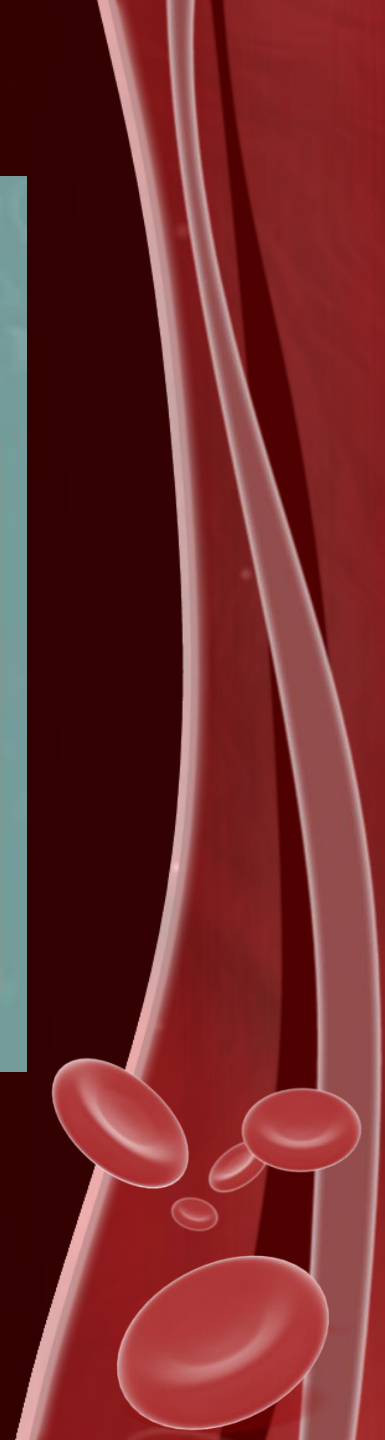
Leading risks for premature death





Benefits of Lowering BP

Average Percent Reduction	
Stroke incidence	35%–40%
Myocardial infarction	20%–25%
Heart failure	50%



WE NEED YOUR HELP

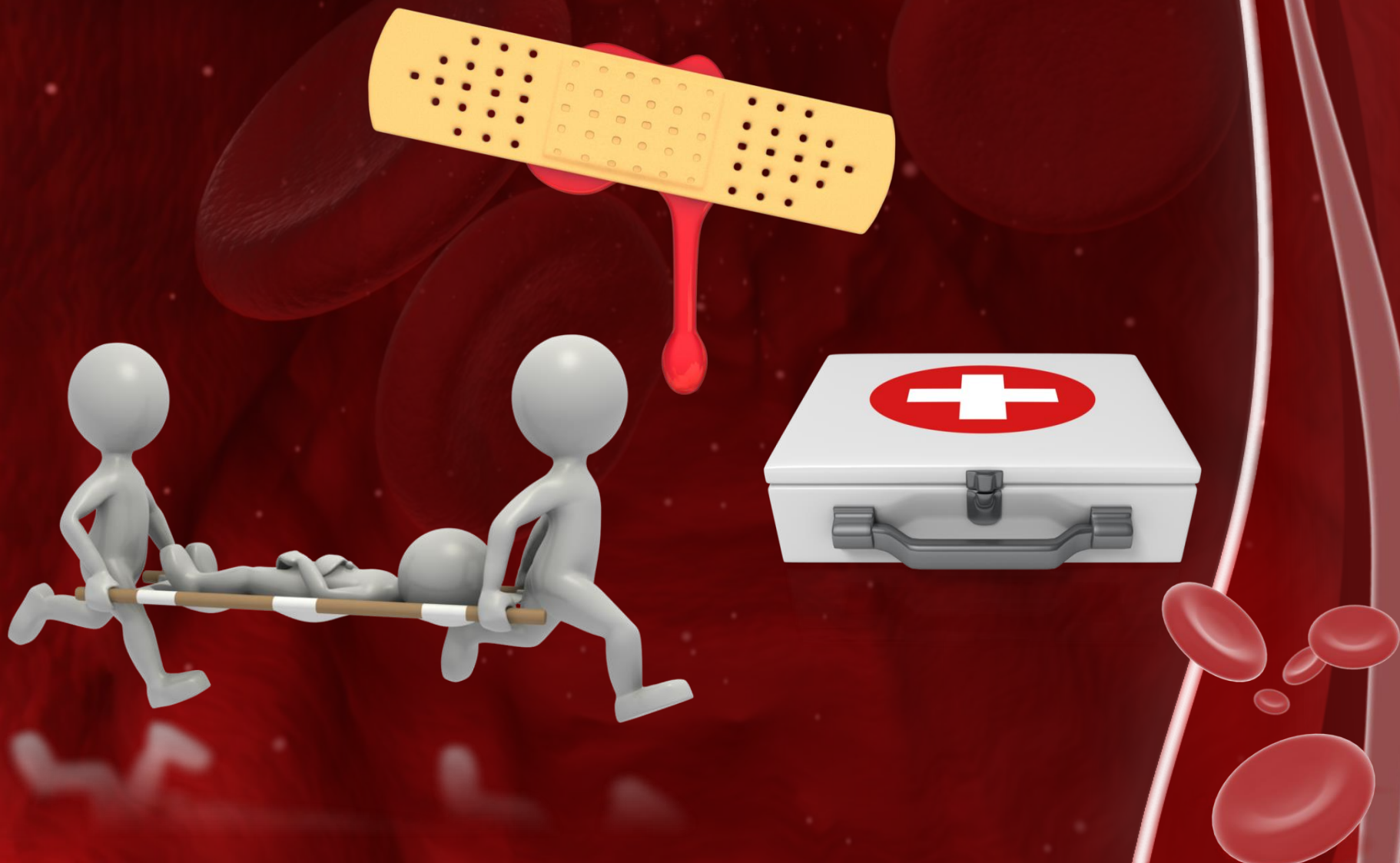
1/3 POPULATION HAS HIGH BLOOD PRESSURE

1/3 WITH HIGH BLOOD PRESSURE ARE UNAWARE

ONLY 50% WITH HIGH BLOOD PRESSURE ARE UNDER CONTROL

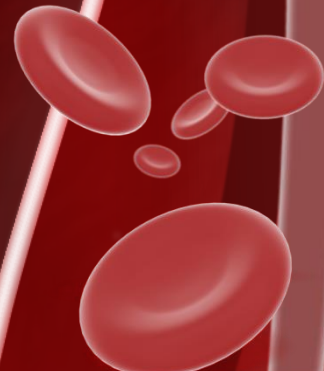


Healthy North Dakota – Statewide Vision and Strategy



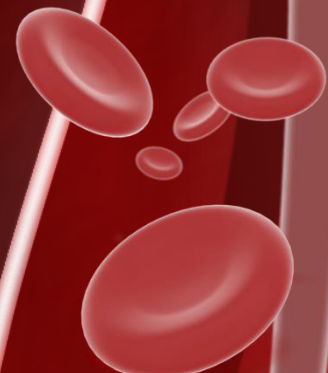
High Blood Pressure and Health

IT'S TIME FOR AWARENESS!



OUR CHALLENGE:

- 150,000 NORTH DAKOTANS ARE BEING MONITORED OR TREATED FOR HIGH BLOOD PRESSURE (HBP). OF THOSE WITH THE ND HEALTHCARE SYSTEM, ONLY 75% HAVE HBP UNDER CONTROL.
- 68 - 72% OF ALL ND STROKE CASES ARE IDENTIFIED WITH HBP.
- 81% OF ND STROKES ARE UNDER AGE 85, WITH 1/3 OF THOSE STROKES UNDER AGE 65.
- 69% OF AMERICANS WHO HAVE A FIRST HEART ATTACK HAVE BLOOD PRESSURE OVER 140/90.



EVERY
10
POINT
DROP
in systolic BP



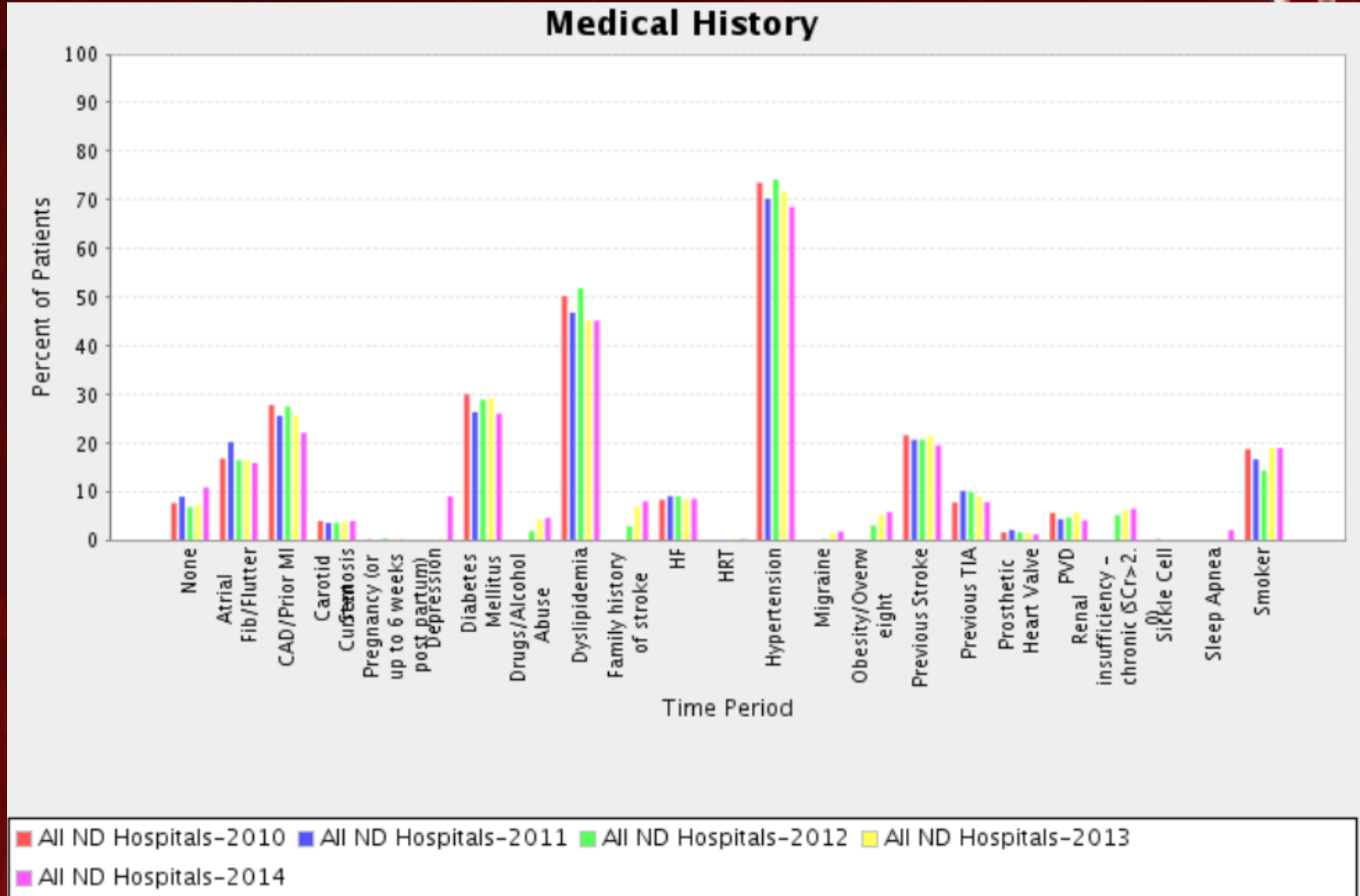
=

**30-
50%**
drop in risk
of cardiovascular
disease & stroke.

Data from the AHA data tools....



And the data says....

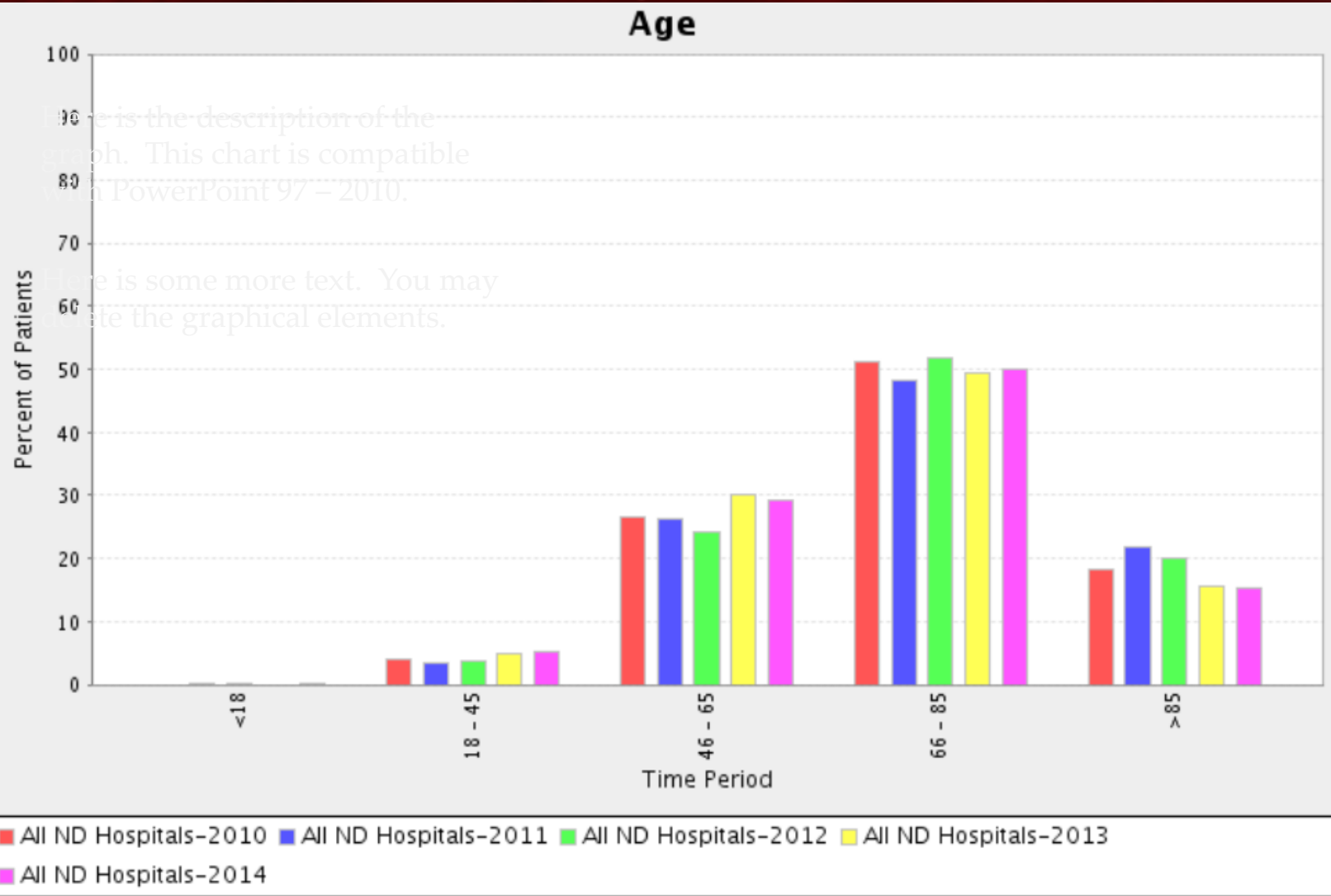


And the data says....

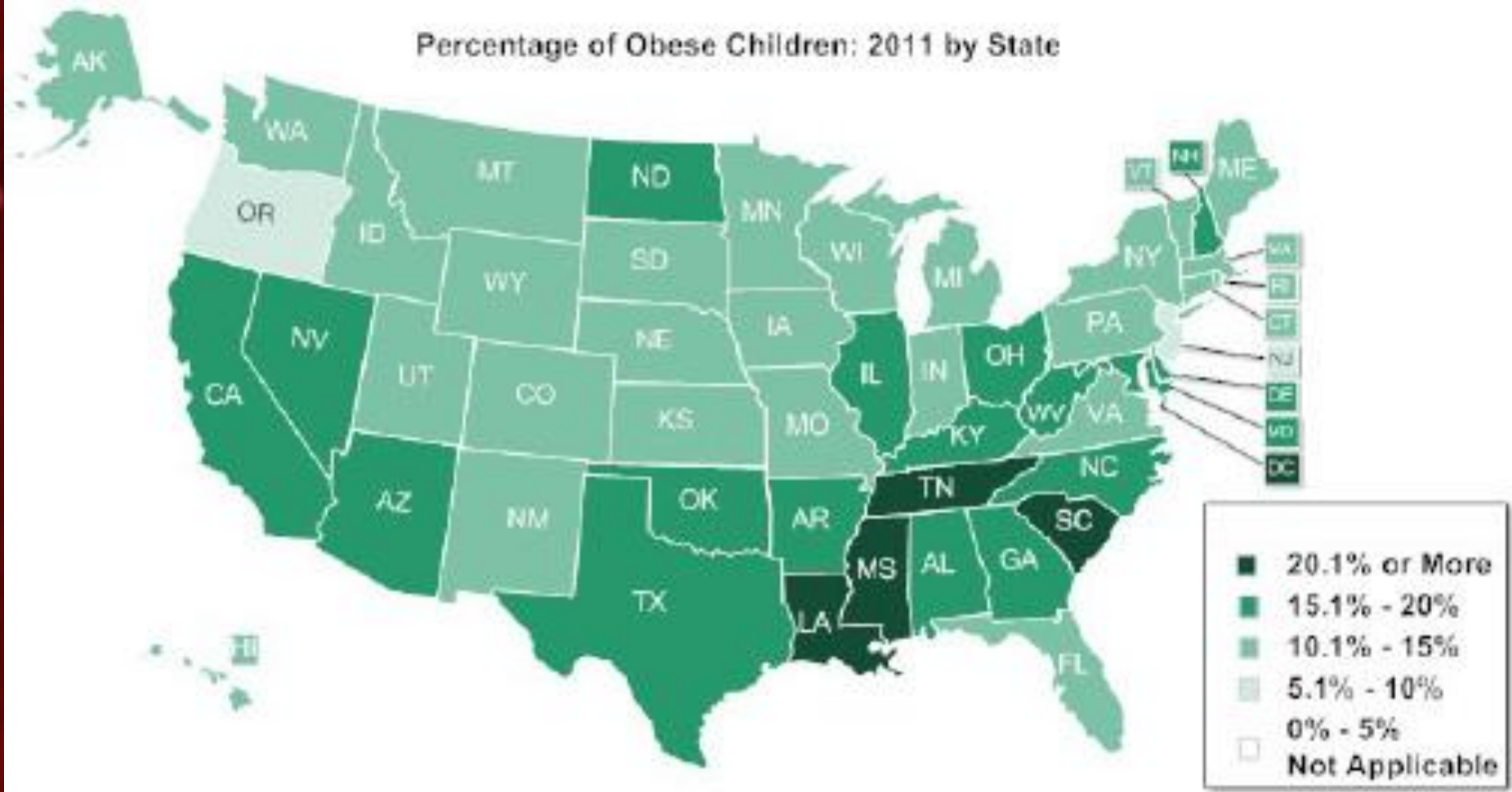
M:L STEMI History of:

	Qtr 4, 2013	Qtr 1, 2014	Qtr. 2, 2014	Qtr. 3, 2014
Hypertension	66%	64%	61%	60%
# of records	526	511	531	534

And the data says....



Percentage of Obese Children: 2011 by State



ASHTO Grants, Million Hearts B Grants, Quality Health Associates, EMS.

Working
together in
North Dakota



Community Screenings

DO YOU KNOW YOUR BLOOD PRESSURE (BP) NUMBERS?



How to check your blood pressure



STEP 1: Locate a BP Machine

If you don't have access to a quality home monitor, look for a kiosk at your local pharmacy, grocery store, or provider's office.



STEP 2: Get seated and still

Sit quietly for five minutes before taking your BP. Place cuff directly on skin, keep both feet on the floor, and relax while your BP is taken.



STEP 3: Record your numbers and compare to the chart

If your blood pressure is high, work with your healthcare professional to bring your blood pressure numbers down. High blood pressure can put you at serious risk for stroke and heart disease.



HOW TO RECORD YOUR READING:

Systolic Pressure
120
Diastolic Pressure
80

My Reading:

IS IT RIGHT?

- If your reading is high, wait a few minutes and recheck
- Exercise, smoking and coffee may cause a rise in BP

Your provider will read this blood pressure as **"120 over 80"**

EVERY
10
POINT
DROP
in systolic BP



30-50%

drop in risk
of cardiovascular
disease & stroke.



Improving HBP control means

**MORE LIVES
CAN BE SAVED!**

Heart360

**USE HEART360 TO TRACK
YOUR BLOOD PRESSURE CHANGES**

Visit Heart360 to learn more about tracking your results over time. Tracking and working on healthier habits can lead to steady improvement. Lower your risks; live your healthiest life!

HEART360.ORG

Community Screenings

3 STEPS FOR REACHING YOUR BLOOD PRESSURE GOALS



1 CHECK Your BP Numbers



Blood Pressure Category	Systolic mmHg (Top #)	and	Diastolic mmHg (Bottom #)
Normal / Ideal	less than 120	and	less than 80
Prehypertension	120-139	or	80-90
Hypertension stage 1	140-159	or	90-99
Hypertension stage 2	160 or higher	or	100 or higher
Hypertensive crisis	higher than 180	or	higher than 110

STAGE 1 HYPERTENSION Treatment may include:

- Key lifestyle changes to bring your BP down to a healthier range
- Practice these lifestyle changes by building new, healthier habits
- Take a medication if one is prescribed for you (most likely thiazide, which is a "water pill" or diuretic)

STAGE 2 HYPERTENSION Treatment may include:

- Key lifestyle changes to bring your BP down to a healthier range
- Build new habits and consider working with a coach or Heart360
- Take the medications that are prescribed to lower your BP

HYPERTENSIVE CRISIS calls for immediate medical care.

2 CHANGE & Recheck

- Commit to the process of improving your BP.
- Set small, achievable goals and watch your numbers improve.

RECOMMENDED

- **STAGE 1:** Recheck in 3 months or as prescribed
- **STAGE 2:** Recheck in 2 weeks or as prescribed

3 CONTROL & Reach Your BP Goal

KEY LIFESTYLE OPPORTUNITIES TO LOWER YOUR BLOOD PRESSURE:



OTHER TIPS FOR REACHING YOUR GOAL:

- Keep the longterm goal in mind: lower risks and a healthier life
- Get support from friends and family
- Celebrate each small change and improvement!

Questions?

If you don't ask us, we will ask you!

